



### **The Sprout Garden: The Indoor Grower's Guide to Gourmet Sprouts**

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Sprouts are not only a low-calorie source of vitamins, minerals and fiber, they're also inexpensive, fun and surprisingly easy to grow. You can grow them indoors, in the dark, even in the winter. Find out just how easy it is in this lighthearted yet thorough handbook written by a "sproutarian" who has been sprouting for over 20 years.

There are dozens of seeds you can cultivate at home with a minimum of time, effort and equipment. Most can be harvested in just a few days. And if you think sprouting is limited to an empty mayonnaise jar, you're in for a surprise. The author outlines six different sprouting methods, each including simple instructions and useful illustrations. The book also provides a handy "Sprout-at-a-Glance" chart, summarizing procedures for 40 different seed varieties. There's even a comprehensive resource list for obtaining seeds and sprouting supplies like bamboo baskets, linen bags and stainless steel mesh for draining the sprouts.

Many people are content to eat sprouts in sandwiches and salads, but *The Sprout Garden* introduces 30 original vegan recipes (using neither eggs nor dairy products). Enjoy the book's enthusiasm for sprouts by making your own Girl Sprout Cookies, Sprouted Wheat Bread or a piquant version of hummus made with chickpea sprouts, radish sprouts and curry powder.

If you consider home-grown food a plus, this complete handbook provides all you need for a lively new way to sprout. 128 pp., softcover, \$8.95, The Book Publishing Company, Summertown, TN. —Nancy Roberts

### **Moosewood Restaurant Cooks at Home**

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After enjoying a gourmet meal in a fine restaurant, have you ever thought, "I wonder what the chef prepares at home?" At last there's an answer. In *Moosewood Restaurant Cooks at Home*, the 18 owner-chefs who operate the Moosewood Restaurant in Ithaca, New York, have pooled more than 200 imaginative recipes gleaned from their own pantries. Their aim is to provide natural foods know-how for those who often have only 30 minutes to prepare a well-balanced meal at home.

You'll find several convenient menu planners, including foods your kids will like, vegan recipes (those using no eggs or dairy products), special dishes for entertaining and extra-quick meals geared toward a "workweek cuisine." Plus you get cooking tips and dozens of time-saving techniques.

Fourteen chapters provide a comprehensive assortment of recipes—from soups and salads to side dishes and stews. Each recipe includes a nutritional analysis, total preparation time and suggestions for complementary dishes.

Adventurous cooks will enjoy preparing eclectic dishes such as African Pineapple Peanut Stew. This zesty vegan main dish skillfully balances the flavors of peanuts and sweet pineapple with hot pepper sauce and fresh cilantro. For a low-fat finish, serve Fresh Orange Compote with Grand Marnier. You won't believe it has less than half a gram of fat per serving! Now you can experiment with the home-cooking secrets of the Moosewood chefs, right in your own kitchen. 416 pp., softcover, \$15.00, hardcover, \$30.00, Fireside/Simon & Schuster, New York. —David Joachim